



Half Marathon Program

Week	Run 1	Run 2	Run 3
1	Run Distance: 2 miles Interval: 2 min on/3 min off	Run Distance: 3 miles Interval: 5 min on/5 min off	Run Distance: 3 miles Time Trial
2	Run Distance: 2.5 miles Interval: 6 min on/4 min off	Run Distance: 2.5 miles Interval: 3 min on/2 min off	Run Distance: 4 miles Time Trial
3	Run Distance: 3 miles Interval: 4 min on/1 min off	Run Distance: 3 miles Interval: 1 mile easy/1 mile 5k pace/1 mile	Run Distance: 5 miles Tempo: 13.1 Race Pace
4	Run Distance: 2 miles Recovery Run	Run Distance: 2 miles Interval: 4 min on/1 min off	Run Distance: 3 miles Time Trial
5	Run Distance: 2.5 miles Interval: 3 min on/2 min off	Run Distance: 3 miles Interval: 6 min on/4 min off	Run Distance: 5 miles Time Trial
6	Run Distance: 3 miles Interval: 7 min on/3 min off	Run Distance: 3 miles Interval: 4 min on/1 min off	Run Distance: 6 miles Time Trial
7	Run Distance: 3.5 miles Interval: 2 min on/1 min off	Run Distance: 3.5 miles Interval: 5 min on/2 min off	Run Distance: 7 miles Tempo: 13.1 Race Pace
8	Run Distance: 2.5 miles Recovery Run	Run Distance: 2.5 miles Interval: 4 min on/1 min off	Run Distance: 5 miles Time Trial
9	Run Distance: 3 miles Interval: 1 min on/1 min off	Run Distance: 3 miles Interval: 8 min on/2 min off	Run Distance: 7 miles Time Trial
10	Run Distance: 3.5 miles Interval: 6 min on/4 min off	Run Distance: 3.5 miles Interval: 4 min on/1 min off	Run Distance: 8 miles Time Trial
11	Run Distance: 4 miles Interval: 6 min on/4 min off	Run Distance: 4 miles Recovery Run	Run Distance: 9 miles Tempo: 13.1 Race Pace
12	Run Distance: 2.5 miles Recovery Run	Run Distance: 2.5 miles Interval: 4 min on/1 min off	Run Distance: 7 miles Time Trial
13	Run Distance: 3.5 miles Interval: 2 min on/2 min off	Run Distance: 3.5 miles Interval: 7 min on/3 min off	Run Distance: 9 miles Time Trial
14	Run Distance: 4 miles Interval: 8 min on/2 min off	Run Distance: 4 miles Recovery Run	Run Distance: 10 miles Tempo: 13.1 Race Pace
15	Run Distance: 4.5 miles Recovery Run	Run Distance: 4.5 miles Interval: 6 min on/4 min off	Run Distance: 8 miles Time Trial
16	Run Distance: 5 miles Interval: 5 min on/5 min off	Run Distance: 4 miles Recovery Run	Run Distance: 6 miles Tempo: 13.1 Race Pace
17	Run Distance: 4 miles Interval: 2 min on/3 min off	Run Distance: 3 miles Recovery Run	Half Marathon